

# Taking the Pressure Off Hypertension (HTN) Management

## Blood Pressure (BP) Measurement and Documentation

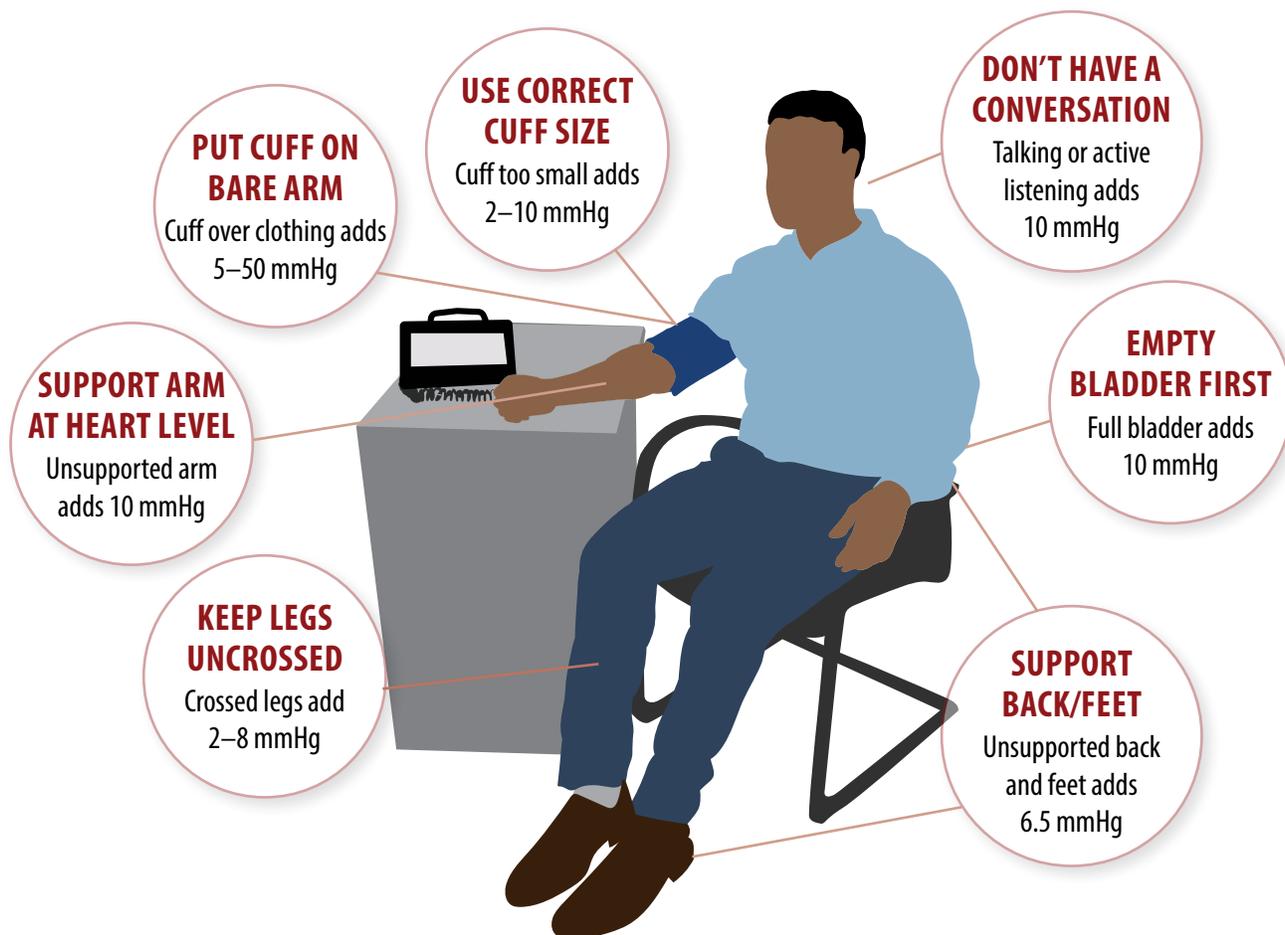
### Accurate measurement and documentation of BP is essential<sup>1</sup>



Most errors in BP measurement can be avoided by following the 7 tips below.<sup>1,2</sup> Automated office BP measurement is ideal if available, as it reduces the risk for “white-coat” hypertension.<sup>3</sup>

If there is variation between arms, use BP results from the arm with the higher reading. Variation can be caused by a blocked artery, peripheral vascular disease, chronic kidney disease, diabetes, or smoking.<sup>4,5</sup>

### 7 tips for an accurate BP reading<sup>6,7</sup>



## BP documentation in medical record

Modality	Visit location	Where to document in medical record
Visualized BP measurement	In clinic	Vitals Package
Witnessed BP measurement with automated device	Video-based	Vitals Package —OR— Progress note title:* Video Blood Pressure Visit
Patient self-reported	Any (e.g., telephone, MyHealtheVet Shared Vitals, Secure Messaging, Annie App, My VA Images, etc.)	Clinical reminder:+^ HTN assess for elevated BP $\geq$ 140/90 —OR— Progress note title:^ Covid-19 Preventive Health Inventory
Home Telehealth	Home Telehealth	Clinical reminder:+^ HTN assess for elevated BP $\geq$ 140/90
Other medical record (JLV)	Non-VA visit	Clinical reminder:+^ HTN assess for elevated BP $\geq$ 140/90

\*For more information about the Video Blood Pressure Visit program, email VAVideoBPV@va.gov.

+The “HTN assess for elevated BP  $\geq$  140/90” clinical reminder is a non-mandatory national reminder and therefore, may not be available at your site. If your site would like to utilize the national clinical reminder, you can find more information at <https://vavw.va.gov/reminders>.

^Uses Health Factors: VA-HTN self-recorded systolic blood pressure and VA-HTN self-recorded diastolic blood pressure.



## BP documentation tips

BP format in the national HTN Clinical Reminder and COVID-19 Preventive Health Inventory is important. Document BP reading (SBP and DBP) without any additional text or spaces.

For multiple self-reported BP readings since last visit, average all systolic and diastolic readings and record the result.

	Systolic BP	Diastolic BP
	121	78
	128	83
	134	76
<b>Average</b>	<b>128</b>	<b>79</b>



### Correct:

SBP: 128  
DBP: 79



### Incorrect:

DBP: 76 Pulse 85 (additional text)  
SBP: 121 (“cherry-picking” the best SBP)

DBP: diastolic blood pressure; SBP: systolic blood pressure

## Patient tools to report BP readings

### ➔ MyHealtheVet – Shared Vitals

Veterans must have a **premium account** to participate in Shared Vitals. Connect patients with your local MyHealtheVet coordinator to upgrade to a premium account. Information uploaded to Shared Vitals is automatically shared, but staff will not receive alerts when results are uploaded. **Schedule follow-up visits** to review results.

#### Educate your patients on how to use Shared Vitals

1. Sign in to your MyHealtheVet Premium Account at [www.myhealth.va.gov](http://www.myhealth.va.gov).
2. Select **Track Health** from the top menu.
3. Select **Shared Vitals**.
4. Select the type of data you'd like to record from the left menu.
5. Select **Add New**.
6. Enter your information into the correct fields, then select **Save**.

#### Access your patient's Shared Vitals

1. **Log in to Virtual Care Manager:**  
<https://mobile.va.gov/app/virtual-care-manager>.
2. Select the **Patient Care** tab at the top and search for your patient.
3. Select your patient.
4. Select **Patient Data**. Under **Source**, **enable PGHD** (Patient Generated Health Data).
5. Data will default to a graph. Change to **Table format** to allow copy/pasting of data into the medical record.
6. Document **average home BP reading** into the national HTN Clinical Reminder or COVID-19 Preventive Health Inventory.



### ➔ Annie app for Veterans: supporting self-care

Annie is a VA service that sends automated text messages to Veterans to help focus on self-care.



#### Who will benefit from using the Annie app?

- Patients who may forget to take BP measurements or their antihypertensive medication:  
*"I am so busy, I forget to take my blood pressure."*  
*"When I'm at work, I forget my noon medications."*
- Patients who are ineligible or who decline Home Telehealth

For more information and to download the Annie app, go to:



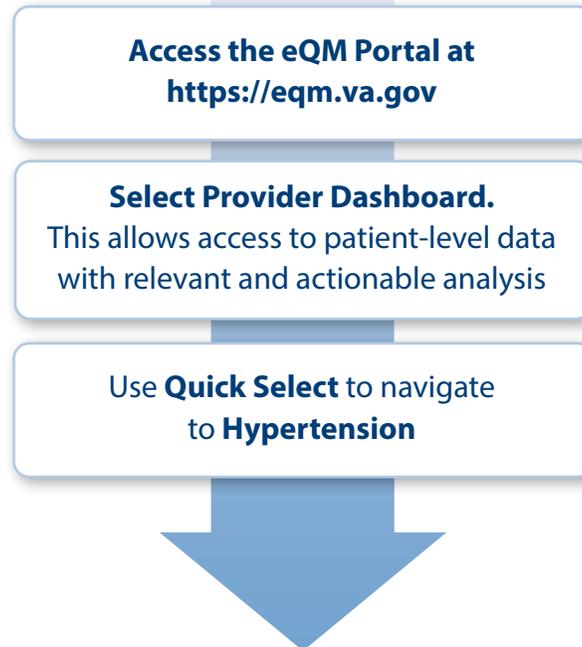
**Annie app for Veterans**

# Proactively identify patients with HTN: using the eQM Dashboard

The eQM dashboards are interactive and intuitive, allowing users to view and interact directly with the data. Many elements within the dashboards are clickable.



## Using the eQM dashboard to proactively manage your HTN patients can improve Veteran care and your eQM scorecard data.



### This displays 5 different filters:

- Primary Care
- Next Scheduled Appointment
- Patient Demographics
- Scorecard (toggle to “Show Failed Cases Only”)
- Patient List



## References

1. Whelton PK, et al. 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APha/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *Hypertension*. 2018;71(6):e13-e115.
2. Roerecke M, et al. Comparing Automated Office Blood Pressure Readings With Other Methods of Blood Pressure Measurement for Identifying Patients With Possible Hypertension: A Systematic Review and Meta-analysis. *JAMA Intern Med*. 2019;179(3):351–362.
3. Myers MG, Godwin M. Automated office blood pressure. *Can J Cardiol*. 2012 May;28(3):341-6.
4. Clark CE, Aboyns V. Interarm blood pressure difference: more than an epiphenomenon. *Nephrology Dialysis Transplantation*. 2015 May;30(5):695–697.
5. Clark CE, et al. Association of a difference in systolic blood pressure between arms with vascular disease and mortality: a systematic review and meta-analysis. *Lancet*. 2012 Mar 10;379(9819):905-914.
6. Pickering. et al. Recommendations for Blood Pressure Measurement in Humans and Experimental Animals Part 1: Blood Pressure Measurement in Humans. *Circulation*. 2005 Feb;111(5):697-716.
7. Handler J. The importance of accurate blood pressure measurement. *Perm J*. 2009 Summer;13(3):51–54.
8. Video Blood Pressure Visits: Diffusion of Excellence National Practice. <https://marketplace.va.gov/innovations/video-blood-pressure-visits>.